

## Travis Roy Delivers Messages of Courage, Hope and Inspiration

**T**ravis Roy spoke to a near capacity crowd at the Performing Arts Center last Friday night as a guest of The Ripple Effect. Roy talked about the accident that occurred 11 seconds into his first hockey game as a Boston University freshman as well as his life before and after that moment. He candidly shared his experiences and spoke of how each of us can use courage, determination and will to realize our goals. Roy's belief that "sometimes we choose our challenges and sometimes our challenges choose us," made quite an impact on the audience. According to Ripple Effect co-founder, Kathy Bittrich, "The feedback we have received from Travis's appearance has been unbelievable. So many people have told us what they took away from his talk. It seems each person took away a different message, yet each one was powerful and significant." The Ripple Effect is donating a portion of the evening's proceeds to The Travis Roy Foundation, which Roy has started to help spinal cord injury survivors and to fund research to find a cure. For more information on the foundation or to make a donation go to [www.travisroyfoundation.org](http://www.travisroyfoundation.org).



Travis Roy inspired audience members to look beyond what they think limits them in order to reach their goals.

*Photo by Marc Ricard*